

### AMENDMENTS TO THE CLAIMS:

Pursuant to 37 C.F.R. §1.121, as amended, a detailed listing of all claims that are, or were, in the application, is listed below. The current status of all claims is indicated in parentheses after the claim number:

1-11. (canceled).

12. (previously presented): A method for improving the accuracy of a sportsman, the method comprising the following steps:

providing a gun rest which comprises a plate having a first end section lying generally in a first plane, a second end section and an intermediate section, wherein the plate is bent at the intermediate section such that an interior angle from about 90° to about 150° is formed between the first end section of the plate and the second end section of the plate; and an opening formed in the first end section of the plate such that a shaft may be inserted through the opening;

providing an elongated shaft having a first end section, a second end section, and a longitudinal axis;

inserting the shaft through the opening in the gun rest;

placing the second end section of the shaft upon a surface;

slidably adjusting the position of the gun rest on the shaft to the desired height such that the first plane of the first end section is disposed at a non-perpendicular angle to the longitudinal axis of the shaft; and

placing the forearm of a firearm on the gun rest at the intermediate section such that the forearm of the firearm is cradled between and supported in both the vertical and horizontal direction by the first end section of the plate and the second end section of the plate.

13. (previously presented): The method of claim 12, wherein the opening is generally tear-dropped in shape with the point of the tear-drop aligned towards the first end section of the plate and the round end of the tear-drop aligned towards the second end section of the plate.

14. (previously presented): The method of claim 13, wherein teeth are located around at least a portion of the perimeter of the opening.

15. (previously presented): The method of claim 13, wherein at least a portion of the opening is covered by at least one flexible gripping aid.

16. (previously presented): The method of claim 15, wherein the at least one flexible gripping aid contains a slit.

17. (previously presented): The method of claim 12, wherein the gun rest further comprises a retaining device for securing the gun rest to the shaft.

18. (previously presented): The method of claim 17, wherein the retaining device is a loop formed onto the second end section of the plate.

19. (previously presented): The method of claim 17, wherein the retaining device is an opening formed into the second end section of the plate.

20. (previously presented): The method of claim 12, wherein the gun rest further comprises a mounting bracket such that the shaft may be fixed to a surface.

21. (previously presented): The method of claim 20, wherein the mounting bracket comprises:  
a first pressure plate connectively attached to a second pressure plate with a tightener;  
and  
a receptacle permanently attached to the first pressure plate, which forms a generally cylindrical cavity perpendicular to the first pressure plate.

22. (previously presented): The method of claim 21, wherein the tightener is a nut and bolt.

23-38. (canceled).